

## CLAIMS

1. An ingestible composition comprising a plurality of components consisting of fat, carbohydrates, proteins, vitamins and minerals, wherein relative amounts of said components of said composition are chosen such that an intake of said product reduces the effects of metabolic syndrome.
2. The product according to claim 1, wherein the product weight ratio between carbohydrates, proteins and fat is of the magnitude of 0.8-2. 0:1: 0.1-0. 4, respectively, wherein the carbohydrates are chosen from the group of foodstuffs having a low glycemic index.
3. The product according to claim 1, wherein the product weight ratio between carbohydrates, proteins and fat is of the magnitude of 0.8-2. 0: 1: 0.1-0. 3, respectively, wherein the carbohydrates are chosen from the group of foodstuffs having a low glycemic index.
4. The product according to claim 1 wherein the carbohydrates are derived from leguminous plants, preferably yellow peas, and rosaceous plants, preferably apples and rose hips.
5. The product according to claim 1 wherein at least 15% of the overall content is derived from yellow peas, at least 10% from apples, and at least 5% from rose hips.
6. The product according to claim 1 wherein the product is balanced so that the overall meal has GL-value below about 20,
7. The product according to claim 6 wherein said GL value is below about 10.

8. The product according to claim 1, wherein said carbohydrates are in the form of simple sugars from the group consisting of glucose, saccharose, fructose, maltose and lactose.
9. The product according to claim 8, wherein the sugars are present in a content of 2.1-2.5%, preferably about 2.3%, glucose, 1.8-2.2%, preferably about 2.0%, saccharose, 4.0-4.8%, preferably about 4.4% fructose, <0.03-0.05%, preferably about <0.04%, maltose and 12.9-15.7%, preferably about 14.3% lactose.
10. The product according to claim 1 wherein a ready-to-drink serving of said ingestible composition has either a low lactose content or alternatively is completely free from lactose.
11. The product according to claim 1 wherein it comprises 7-12% of dietary fibres.
12. The product according to claim 1 wherein the fat comprises the essential fatty acids with an omega-3 to omega-6 fatty acid ratio of 1:0.5 to 1:3.0, more preferably 1:0.8 to 1:2.0, and most preferably 1:1.0 to 1:1.3.
13. The product according to claim 1 wherein the fatty acids comprise 25-40%, saturated fatty acids, 30-45%, monounsaturated fatty acids, and 15-35%, di- and tri-unsaturated fatty acids.
14. The product according to claim 1 wherein the levels of docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are optimised and constitute between 1.9-2.3%, preferably about 2.1% of the total fat.
15. The product according to claim 1 wherein the whole egg content in the composition is supplied from especially fed chicken in order to give the whole egg product the preferred balance between saturated, monounsaturated and polyunsaturated fat, and the balance between omega-3 and omega-6 fatty acids in a rating of 1:0.7-1.5.

16. The product according to claim 1 wherein it comprises 20 amino acids including the 8 essential amino acids.

17. The product according to claim 1 wherein it comprises vitamins A, B, C, D, and E, and the essential minerals iron (Fe), zinc (Zn), calcium (Ca), phosphorus (P), magnesium (MG), copper (Cu), manganese (Mn), chromium (CR), selenium (Se), silica (Si), potassium (K), and sodium (Na), wherein potassium is present in high amounts, and sodium in small amounts, in physiological doses.

18. The product according to claim 1 having a Ph range of about 5.8 to about 6.2 and acts like a buffer.

19. The product according to claim 1 wherein it is gluten free.

20. The product according to claim 1 containing no artificial sweeteners, preservatives, flavorings, dyes or thickening agents.

21. The product according to claim 1 containing less than 75kCal per portion serving, and correspondingly less than 425 kcal per 100 g in a powder mix dry form.

22. A method of treating metabolic syndrome comprising the step of consuming each day between about fifteen grams and about eighty grams of an ingestible composition comprising fat, carbohydrates, proteins, vitamins and minerals, wherein relative amounts of said components of said composition are chosen such that an intake of said product reduces the effects of metabolic syndrome.

23. An ingestible composition for use in treating metabolic syndrome comprising a plurality of components consisting of fat, carbohydrates, proteins, vitamins and minerals, wherein relative amounts of said components of said composition are chosen such that an intake of said product reduces the effects of metabolic syndrome.

24. An ingestible composition comprising syndrome comprising a plurality of components consisting of fat, carbohydrates, proteins, vitamins and minerals, wherein relative amounts of said components of said food composition product are chosen such that an intake of said product reduces the effects of metabolic syndrome, said composition used in the preparation of a medicament for the treatment of at least one of metabolic syndrome, diabetes, thrombosis, and obesity.

25. A method of treating at least one of metabolic syndrome, diabetes, and obesity comprising the step of consuming each day for at least a period of about two weeks between about fifteen grams and about eighty grams of an ingestible composition comprising: pea protein, whole egg powder, whey powder, dried apples, rose hip powder, egg albumin powder, ground sugar beet powder, milk protein, fructose, ascorbic acid.

26. A method of reducing thrombotic risk comprising the step of consuming each day for at least a period of about two weeks between about fifteen grams and about eighty grams of an ingestible composition comprising: pea protein, whole egg powder, whey powder, dried apples, rose hip powder, egg albumin powder, ground sugar beet powder, milk protein, fructose, ascorbic acid.